

VETERANS' DAY CELEBRATION

We will be celebrating Veterans' Day at the senior center on Thursday, November 14th from 10:00 a.m. to 11:30 a.m. This celebration is open to all veterans and / or families of veterans. The Rotarians will be providing all of the refreshments and will also be here to serve our guests. Entertainment will be provided by the Crosswinds Quintet, a Navy woodwinds band whose musical arrangements range from popular patriotic selections to classical favorites. Please call the senior center at 508-543-1252 to sign up if you are interested in joining us.

Monday, October 28

Jay Barrows' Office Hours 9:00 a.m.

Ceramics 9:00 a.m.

Sit and Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, October 29

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 30

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Video Lecture Series – "Mark Twain" 12:30 p.m.

Luncheon Outing 1:00 p.m.

Thursday, October 31

Medicare Open Enrollment Program with Peg McDonough 10:00 a.m.

Italian 1 11:00 a.m.

Halloween Tea 12:00 p.m.

Advanced Italian 1:00 p.m.

Friday, November 1

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

"Men's Breakfast with Rep. Jay Barrows" will be this week's senior center programming shown on October 30 and October 31. Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

SPECIAL EVENTS AND PROGRAMS

HALLOWEEN TEA

Come and celebrate Halloween day with us at our Halloween Tea hosted by Joanne Pratt on Thursday, October 31st from noon to 2:00 p.m. at the senior center. Join us for our Halloween Tea with lunch, great company and

an afternoon of fun! We have limited seating, so please call the senior center at 508-543-1252 to sign up. Reservations will be taken until Monday, October 28th or until all spots are filled, whichever comes first. Happy Halloween!

PAINTING WITH BOB MCLEOD

Come and explore your creative talents at the senior center. You will amaze yourself when you leave the class with a fantastic painting that has been done by you. Come and enjoy a Bob McLeod painting class and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob McLeod's next visit to the senior center will be on Wednesday, November 6th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited, so call the senior center at 508-543-1252 if you would like to sign up for this class.

SIGN-UP ON FOR OUR LAKEVIEW PAVILION HOLIDAY CELEBRATION

The holiday season is on its way! Mark your calendar on Thursday, December 5th for our annual Holiday Celebration to be held at the Lakeview Pavilion in Foxboro this year. Jim DePillo of JD's Music Express will be providing our entertainment of music and fun to help us all get into the holiday spirit. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include an entrée choice of Chicken Veloute which is baked chicken and cornbread stuffing with Valoute cream sauce, or the choice of Scrod encrusted in bread crumbs with lemon cream sauce. All meals will include freshly baked rolls and sweet butter, chef's choice of fresh vegetable, potato or rice, a tossed garden salad, coffee or tea, and vanilla ice cream with strawberry or chocolate sauce for dessert. The Van-Go will be available for the transportation of all of our regular van riders. The cost for this event is \$23.00 per person and payment will be due on or before Friday, November 8th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252.

HOLIDAY HAPPENINGS

Join COA Director Vicki Lowe and Stacey Hiltner of Community VNA on Thursday, November 21st at 1:00 p.m. for a unique "Holiday Happenings" program. This program features ideas for making the holidays as stress-free as possible, and shares festive decorating trends. There will be a free raffle of two beautiful holiday wreaths. Participants will have the opportunity to make scented salt bath scrubs (a great gift) while learning the benefits of aromatherapy. Don't miss this fun, interactive program. If you are interested, please call the senior center at 508-543-1252 to sign up.

REGULARLY SCHEDULED LUNCHEON OUTING

On one Wednesday afternoon each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau restaurant in Norton on Wednesday, October 30th at 1:00 p.m. Seating is limited, so if you would like to join us, please call the senior center at 508-543-1252 to sign up by Tuesday, October 29th. Van transportation is available.

VIDEO LECTURE SERIES: "MARK TWAIN" – TIME CHANGE FOR OCTOBER

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center through November 20th from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, October 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist, Sheri Thorpe, will be here on Tuesday, October 29th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, November 4th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday November 5th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

This month's Classic Movie Day is scheduled for Thursday, November 14th at 1:00 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our feature presentation this month is "Laura," starring Dana Andrews, Clifton Webb, Gene Tierney and Vincent Price. Nominated for five Academy Awards, this stylish mystery thriller twists and turns with new suspects, new evidence and unexpected revelations. A wealthy journalist (Clifton Webb) becomes entranced with a beautiful young career woman named Laura (Gene Tierney). But shortly before her wedding to a dashing young playboy (Vincent Price), she is found murdered. Stirred by her portrait, the detective (Dana Andrews) assigned to her case finds that he, too, is strangely under Laura's spell. If you'd like to join us, please call 508-543-1252 to sign up.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on November 21st. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are

usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, November 20 at 1:00 p.m. Everyone is welcome to attend these informational sessions.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

October 30 Luncheon Outing at The Chateau

November 6 Christmas Tree Shop

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING CLINIC FOR SENIORS!

On Saturday, October 26th from 9:00 a.m. to 1:00 p.m. there will be a free Dental Screening Clinic for Seniors at the Millis Council on Aging at 900 Main Street in Millis. This clinic is open to anyone aged 60 years and over. The dental professionals at the clinic will: diagnose dental problems; check for oral cancer; talk one-on-one about taking care of teeth, gums and dentures; discuss nutrition choices; clean dentures using a specialized machine, and; sign up low-income seniors for a low-cost dental program. To schedule your free appointment at the screening, call the Millis Council on Aging at 508-376-7051.

PODIATRIST

Dr. Willinsky, Board Certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. His next visit will be on Monday, November 4th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to arrange for a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, November 12th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

SHINE PROGRAM ON MEDICARE'S ANNUAL OPEN ENROLLMENT

Medicare is stronger than ever with more benefits, better choices and lower costs to beneficiaries. Expanded Medicare benefits under the health care law continue to be available, including certain free preventive benefits, cancer screenings and an annual wellness visit. Whether you choose Original Medicare or a Medicare Advantage plan, take advantage of Open Enrollment to review cost, coverage or both for 2014. Open Enrollment for Medicare will be from October 15th through December 7th. Take time to review your prescription drug and health insurance needs. Your health needs change from year to year and your health plan may change the benefits and costs each year as well. It is important to evaluate your Medicare choices regularly and Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

We will have an informational presentation by Peggy McDonough, Director of the HESSCO Elder Services SHINE Program, at the senior center on **Thursday, October 31st at 10:00 a.m.** to discuss "Open Enrollment, One Care, and Observation Days". Please join us for this program that will provide crucial information for seniors to know and understand about Medicare's upcoming Open Enrollment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Elders) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior

center on the 1st Tuesday and 3rd Thursday of the month in the mornings as well as some additional times during “Open Enrollment”. The next available appointments will be on Tuesday, November 5th, Thursday, November 7th and Thursday, November 21st. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. To sign-up for SHINE appointments or the Open Enrollment presentation at the senior center, please call 508-543-1252.

GRIEF SUPPORT PROGRAM

The Community VNA is offering a 6-week Adult Grief Education Series which is a grief support program offering a learning and supportive experience to begin the journey towards healing. Meetings are on Tuesdays from 7:00 p.m. to 8:30 p.m. beginning October 22 through November 26, 2013. Pre-registration is required. Please call 508-222-0118 ext. 1373 or 1-800-220-0110 ext. 1373 for information and registration

COMMUNITY BENEFITS PROGRAMS

Norwood Hospital is offering ongoing Community Benefits programs to help promote the health and well-being of our community. Some of the following programs being offered are as follows: **Diabetes Support Group** – free, meeting on the second Tuesday of the month October through May, 6:30 p.m. to 7:30 p.m., in the RANI Conference Room at Norwood Hospital; **Domestic Violence Support Group** – free, offered at Norwood Hospital with confidential screening provided by LICSW; **Senior Supper Program** – Monday through Friday, 4:45 p.m. to 6:45 p.m. in the cafeteria of the Lorusso Building at Norwood Hospital, a nutritious meal is offered at a reduced cost; **Skin Cancer Screening by Anjali Chuttani, M. D.** – free skin cancer screening at Norwood Hospital on October 30th. If you have any questions on these programs, please call Margaret Lutz at 781-278-6024 or visit the website at www.Norwood-Hospital.org.

INCOME TAX INFORMATION

SENIOR CIRCUIT BREAKER CREDIT

You may qualify for Senior Circuit Breaker credit on your 2013 income tax returns if you meet the following criteria: you are 65 years of age on or before December 31, 2013; you own or rent in Massachusetts as your principal residence, and; your total income does not exceed \$55,000 if you are single, \$82,000 if you are married filing jointly, \$69,000 if you are the head of household, and if your assessed real estate valuation does not exceed \$700,000. For more information, check out the www.mass.gov/dor/seniors website for full details or call customer service at 617-887-6367 or toll-free in Mass. at 800-392-6089.

LEGAL SERVICES

If you are a member of the military or are a veteran, or if you are just looking for the right lawyer, the Boston Bar Lawyer Referral Service, run by the Boston Bar Association can help you. The legal specialists are trained to identify your legal problem and give you a referral based on your unique needs. The referral service can be reached at 617-742-0625 or through the web at www.bostonbarlawyer.org.

PUBLIC SAFETY INFORMATION

AARP DRIVER SAFETY PROGRAM

Sturdy Memorial Hospital will host a FREE AARP Driver Safety Program on Friday, November 1st from 10:00 a.m. to 3:15 p.m. in the Auditorium. This one-day, 4 hour course is designed to help motorists refresh their driving skills, and includes information about new traffic laws and rules of the road, vision changes, medication and driving, as well as defensive driving. This course is offered free of charge and light refreshments will be served, so bring a friend. Some states offer discounts on automobile insurance rates by attending this class, so call your insurance agent to see if your state participates in this program. Class size is limited and registration is necessary. For more information and to register, call the Public Relations Department at 508-236-8020.

FOREIGN LOTTERY FRAUD ADVISORY

AARP, the U. S. Postal Service and the Postal Inspection Service have teamed up to combat foreign lottery fraud, one of the most pernicious scams targeting older Americans. The hallmarks of trickery: stacks of advertisements and countless emails inviting you to play this or that offshore lottery; mysterious callers claiming you “won the Jamaican lottery,” but demand you pay foreign taxes in cash. The bottom line: **Never wire or send money to anyone, anywhere who says you’ve won a prize.** Odds are, it’s a scam.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, October 28

Sheppard’s Pie
Scandinavian Veggies
Fruit Muffin
Applesauce

Tuesday, October 29

Apple Cider
Beef Stew with Veggies
Boiled Potato
Whole Wheat Roll
Fresh Fruit

Wednesday, October 30

Happy Birthday!
BBQ Chicken on a Hamburg Roll
Mayo Packet
Hash Brown Potato
Roman Blend Veggies
Birthday Cake

Thursday, October 31

Happy Halloween!
Vampire Fish fillet
Tartar Sauce
Penne Pasta
Ghostly Blend Veggies
Wheat Bread
Spooky Jell-o

Friday, November 1

Sweet & Sour Meatballs
Rice Medley
Cut Green Beans
Whole Wheat Bread
Arctic Ice